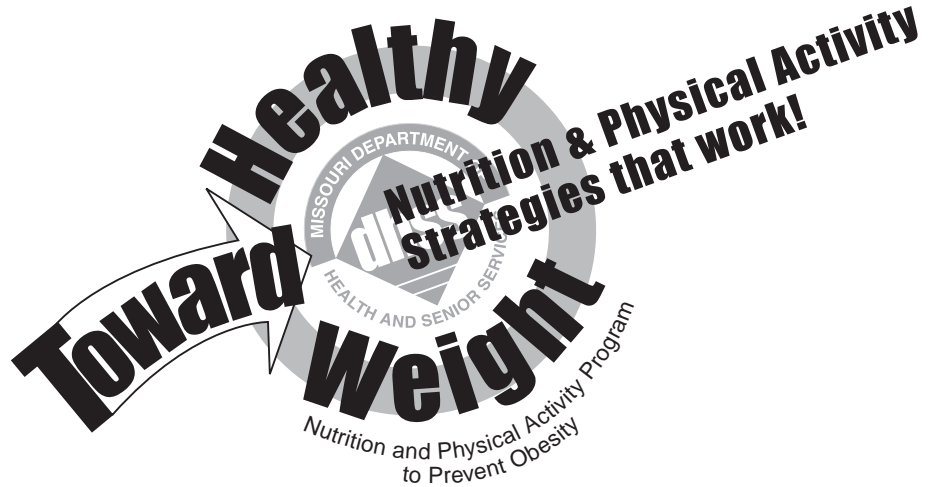


*Preventing Obesity
and Other Chronic
Diseases*



Missouri Facts

About Overweight and Obesity

Overweight among Missouri Children and Adolescents:

- **12.0%** of the children participating in the WIC Program are overweight¹
- **22.8%** of the elementary school students participating in the Missouri School-aged Children Health Service Program are overweight²
- **14.5%** of middle school students are overweight³
- **13.6%** of high school students are overweight³

Obesity among Missouri Adults:

- **23.6%** of adults are obese⁴

Related Behaviors:

Fruit and Vegetable Consumption

- **16.0%** of middle school students ate 5 servings of fruits and vegetables daily³
- **14.6%** of high school students ate 5 servings of fruits and vegetables daily³
- **20.2%** of adults ate 5 servings of fruits and vegetables daily⁴

Breastfeeding

Initiation Rate

- **63.9%** of new mothers began breastfeeding⁵

Rate of Breastfeeding at 6 Months of Age

- **30.3%** of mothers continued breastfeeding 6 months or more⁵

Sweetened Beverage Consumption

- **25.3%** of middle school students drank 2 or more glasses of sweetened beverages a day³
- **31.0%** of high school students drank 2 or more glasses of sweetened beverages a day³

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Calcium and Dairy Consumption

- **22.3%** of middle school students drank 3 or more glasses of milk every day³
- **15.9%** of high school students drank 3 or more glasses of milk every day³

Moderate or Vigorous Physical Activity

- **78.3%** of middle school students met physical activity recommendations^{3★}
- **71.7%** of high school students met physical activity recommendations^{3★}
- **45.1%** of adults met physical activity recommendations⁴

Physical Education

- **27.4%** of middle school students participated in daily physical education classes³
- **17.5%** of high school students participated in daily physical education classes³

TV Viewing

- **40.4%** of middle school students watched TV for 3 or more hours on an average school day³
- **35.1%** of high school students watched TV for 3 or more hours on an average school day³

★ *These survey participants met CDC recommendations of 20 minutes vigorous physical activity for at least 3 days per week or 30 minutes of moderate activity for at least 5 days per week or a combination of vigorous and moderate physical activity for at least 5 days per week.*

References:

1. Centers for Disease Control and Prevention. 2003. Pediatric Nutrition Surveillance System Reports.
2. Missouri Department of Health and Senior Services. Dietary Intake and Physical Activity Summary Report. The Missouri School-Age Children's Health Services Program School Year 2002-2003.
3. Missouri Department of Health and Senior Services. 2005. Youth Tobacco Survey.
4. Centers for Disease Control and Prevention. 2003. Behavioral Risk Factor Surveillance System.
5. Ross Products Division of Abbott Laboratories. 2003. Mother's Survey.

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